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## Prevent Falls and Stay Safe

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## Prevent Falls and Stay Safe

### Description

This patient education handout shares tips on preventing falls.

### Keywords

occupational therapy, fall prevention, safety

### Disciplines

Occupational Therapy | Rehabilitation and Therapy

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# Prevent Falls and Stay Safe



## Did you know?

Many falls can be prevented!

Making small changes can help lower your risk of falls.

## Keep Yourself STEADY

### Safe Footing

- wear non-slip shoes

### Take Your Time

- go at your own speed

### Energy Conservation

- take rest breaks

### Active

- be active to keep your body strong

### Devices

- if needed, use a cane or walker

### You are in Charge

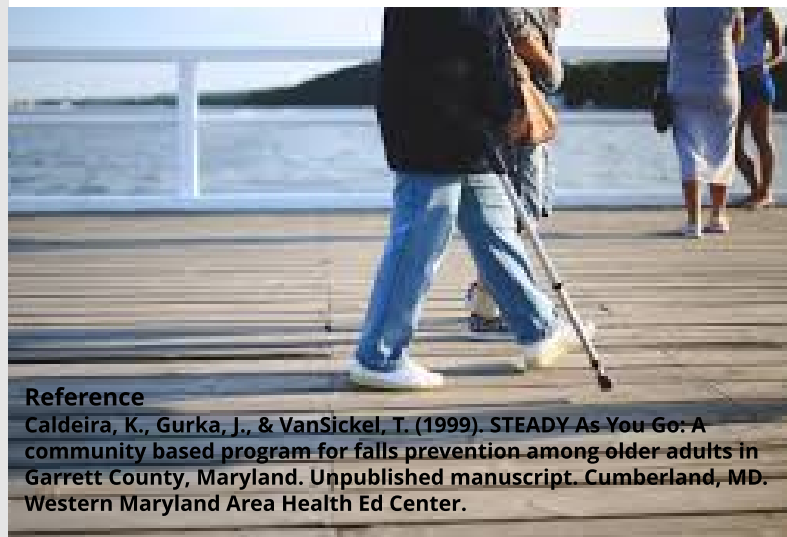
- do what works for you

## If you fall:

1. After a fall, you may fear falling again.
2. As a result, you may be less active.
3. Less activity leads to less strength and balance.
4. This increases your chance of falling.
5. You are more likely to fall again.

## To prevent falls:

1. Try the tips listed to help you stay safe.
2. Ask for help when needed.



### Reference

Caldeira, K., Gurka, J., & VanSickel, T. (1999). STEADY As You Go: A community based program for falls prevention among older adults in Garrett County, Maryland. Unpublished manuscript. Cumberland, MD. Western Maryland Area Health Ed Center.

# Prevent Falls and Stay Safe

## Tips to Prevent Falls

- **Stay active!** Being active:
  - Increases your energy.
  - Improves your sleep.
  - Improves your bone strength.
  - Improves your strength, flexibility, and balance.
- Eat healthy food and drink plenty of water.
- Control your weight, blood pressure, and blood sugar level.
- Wear shoes that fit well with flat, non-slip soles.
- Sit down when dressing.
- Stand up slowly after sitting or lying down.
- Turn the light on so you can see where you are going.
- Get rid of clutter and things on the floor you could trip on.
- **Call your doctor if your feet are painful, swollen, or numb.**

